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TIDBITS® TAKES A RIDE ON THE INTERSTATE

by Janet Spencer

The Interstate Highway system is the longest engineered structure ever built. There are some 43,000 miles of interstate highways in the U.S. built as a result of the largest public works project ever undertaken by humankind. Join Tidbits as we take a ride down the highway!

- In 1903 it took a doctor from Vermont and his mechanic 63 days to drive from San Francisco to New York in their two-cylinder Winston. (At the time, the same trip by railroad took about four days.) Six years later it took 21-year-old Alice Huyler Ramsey and her three girlfriends 41 days to do the same trip in their Maxwell, as a publicity stunt. Around the turn of the century, roads were nothing more than dirt tracks. When it rained or snowed, they became mud tracks. There was no organized system of roads connecting places. America needed better roads.

- In 1919 young Lieutenant Colonel Dwight Eisenhower joined the military's very first transcontinental trip. A three-mile long caravan of vehicles carrying 260 enlisted men, 35 officers, and a 15-piece band set off from the White House in Washington, D.C. for San Francisco, 3,251 miles away. It took them 62 grueling days to cross the country. They averaged five miles per hour on roads that ranged from fair to horrible.

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1. TELEVISION: In the "X-Files" TV drama series, what was the phrase on the UFO poster in Fox Mulder's office?
2. MOVIES: What did Bruce Willis' character do for a living in "Die Hard"?
3. BUSINESS: What is the name of Nike's logo that appears on its sports merchandise?
4. U.S. GOVERNMENT: Where is the Centers for Disease Control and Prevention located?
5. LANGUAGE: What is a fen?
6. SCIENCE: What is the botanist Carolus Linnaeus famous for?
7. HISTORY: What did the Edict of Nantes do for the French in 1598?
8. GEOGRAPHY: Where is the island of Bonaire located?
9. ASTRONOMY: What are the Perseids?
10. PSYCHOLOGY: What kind of fear is represented in thanatophobia?



by Jo Ann Derson

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- If you run out of buttermilk, you can use an equal amount of yogurt, preferably the nonsweetened, plain variety, but you can adjust the sugar in a recipe slightly if your yogurt is favorably flavored.
- When entertaining, keep cold drinks in a cooler away from the kitchen. This keeps the floor space free for the cooks.
- Soften brown sugar quickly by grating it on a fine hand grater. If you have a bit more time, add an apple to the container and seal tightly.
- "Day-old bread makes excellent hand-made croutons. Slice, spray with cooking spray and season with whatever spices on hand sound good. Toast in a 300 degree F. oven for 10 minutes or so. They are especially good with soups." -- S.S.D. in Maryland
- Gotta keep those buns warm? Line your crockpot with foil and add the buns. Keep on low or warm, and place on the buffet. Yum.
- "When making platters of fruit that may brown (apples, pears), coat slices with lemon juice. The acid keeps them from browning." -- T.P. in Washington

Send your tips to Now Here's a Tip, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475 or e-mail JoAnn at heresatip@yahoo.com.

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	+		÷		5		
-		÷		+			
	x		-		3		
x		+		-			
	÷		-		3		
8		5			7		
1	2	3	5	6	7	8	9

DIFFICULTY: ★★★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

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INTERSTATE HIGHWAYS (continued)

- During World War II, Eisenhower toured Germany after V-E day, driving on the marvelously efficient Autobahn highway system that the German war machine built. He noted that although the railroads could be taken out with a single well-placed bomb, the Autobahns were far more difficult to destroy, even if they were pocked with bomb craters. Good highways, he concluded, were essential for national defense. It was a lesson he never forgot.
- On June 29, 1956, President Eisenhower signed the Federal-Aid Highway Act. The interstate system was born. To help fund the project, the bill increased the federal tax on gas by a penny per gallon. The project was to build 41,000 miles of divided limited-access highways including 16,000 interchanges and 55,000 bridges and overpasses. The average distance between exits was three miles.
- Deciding on a color for interstate signs was not an easy matter. Bertram Tallamy, the federal highway administrator, insisted on blue signs with white lettering, but a committee with the American Association of State Highway Officials wanted green signs with white letters. To settle the issue, the Bureau of Public Roads built a special three-mile test road in Maryland and hired hundreds of drivers to travel it at 65 m.p.h. On the way they passed three test signs in blue, green, and black. At the end of the road they were to vote on their favorite color. Green got 58 percent of the vote; blue 27 percent; and black got just 15 percent of the votes. Tallamy reluctantly conceded, and all highway signs are now green. Only later was it revealed that he suffered from color blindness. To him, the green signs appeared to be pale yellow.

continued on next page

ON THE EDGE

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 H S Q O M E K I S U G F D B Z
 E C X W U S H Q M N N O N L B
 J R A M H F D P I D I B C O M
 A Y O E W V E L I A C G R I T
 S Q P H B R I N K R N D R U N
 L K I H S A F E C Y E T B A C
 Z Y W V R E G N I R F P I L M

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|----------|---------|-----------|-------|
| Beach | Bumpers | Lip | Rim |
| Border | Curb | Margins | Shore |
| Boundary | Fencing | Periphery | Trim |
| Brink | Fringe | Railing | |

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THIS WEEK'S CELEBRITY BIRTHDAYS

Jenna Bush	11/25/1981
Tina Turner	11/26/1938
Jimi Hendrix	11/27/1942
Gary Hart	11/28/1936
Janet Napolitano	11/29/1957
Mandy Patinkin	11/30/1952
Treat Williams	12/1/1951



Add Taste of India to Roasted Potatoes

I enjoy tossing a variety of spices in family meals, but I clearly hadn't used mustard seeds in a while -- make that a long while. While cleaning out my spice drawer, I discovered a dented can wedged in back with a 1985 expiration date stamped on the bottom. It might be a good year for a fine wine, but mustard seeds?

The experience had a positive outcome. I dashed off to my neighborhood natural-foods store to pick up fresh spices in bulk (in small quantities) for fall and holiday cooking. While there, I was inspired to take in that evening's cooking class, "Global Flavor Gone Local," with chef Kate Moore.

Full of tips and tricks, Kate encouraged us to be spontaneous when cooking at home. With a well-stocked pantry of spices, it's easy to change the flavor profile of a dish. Like Italian? Use basil, parsley and garlic. Latin? Try cumin, coriander and chipotle. "With a willingness to experiment, kitchen miracles can happen," she said.

Here's my own take on Kate's techniques for preparing Indian-flavored roasted potatoes. My family always clamors for more of these spiced up spuds when served as a side with roasted chicken, pork or grilled fish.

- Indian-Spiced Roasted Potatoes**
- 6 medium, red or white skin potatoes
 - 2 tablespoons minced garlic
 - 1 tablespoon grated or minced fresh ginger
 - 2 tablespoons olive oil
 - 1 teaspoon mustard seeds
 - 1 teaspoon coriander seeds
 - 1 teaspoon cumin seeds
 - Salt to taste

1. Preheat the oven to 400 degrees F.
2. Scrub, dry and cut the potatoes into eighths and place in a bowl.
3. Heat a saute pan with olive oil over medium heat and toss in a "tester" pinch of ginger. When the ginger starts to sizzle, toss in the remaining ginger, the garlic and whole spices. Cook until fragrant and spices are lightly toasted, about 1-2 minutes.
4. Spoon the Indian-flavored oil and ingredients into the bowl of potatoes. Add salt and toss until all sides of the potatoes are well-coated.
5. Spoon potatoes on a baking sheet and spread out onto one layer. Roast for 30 minutes, or until tender. Flip once to ensure even cooking.
6. Remove from oven and serve. Serves 6.



TIDBITS® presents TRIVIA NEWSFRONT

- 1 Each mile of four-lane freeway covers how many acres of land?
- 2 What percent of the total land in the U.S. is set aside for use by cars?
- 3 What percent of the 45,000 highway deaths in the U.S. each year are alcohol-related?
- 4 What percent of traffic accidents are sleep-related?
- 5 What state has more miles of highways than any other state?



By Chris Richcreek

- 1 Who is the San Diego Padres' all-time leader in career stolen bases?
- 2 Name the only team to win a World Series after losing it the previous two years.
- 3 When was the last time before 2011 (New Orleans) that a team scored at least 62 points in a game?
- 4 Name the player who holds the NCAA Division I record for most consecutive games with at least one 3-point shot made.
- 5 Who was the last defenseman before Erik Karlsson in 2011-12 to finish in the top 10 in scoring for an NHL regular season?
- 6 When was the last time before 2012 that Dale Earnhardt Jr. led the NASCAR Cup points standings during a season?
- 7 How many Grand Slam singles finals did Ivan Lendl lose before winning his first of eight in 1984 (French Open)?

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VETERANS POST

by Freddy Groves

Many Vets Struggle as College Students

A study this summer shows that a large percentage of veterans who use their benefits to go to school are dropping out. There are a number of reasons:

--Peers are different: For veterans who've been in combat, interacting with laid-back students can be stressful.
 --Colleges teach in a different way from the military: Topics will be different, in line with civilian life and jobs. There is less structure and certainly less rank-directed respect.

--There are stresses that other college students don't generally have: PTSD, TBI or more subtle brain injuries, or a need for hyper-vigilance.

--Military skills don't easily translate into classroom successes. The more war-oriented the military experience, the harder it is to function in class and study settings.

The Department of Veterans Affairs is acknowledging the military/civilian divide, and it hopes to pair third- and fourth-year student veterans with incoming veterans.

If you're in school and thinking about quitting, don't -- not until you've explored every single opportunity to make it right for you. You worked hard to earn those benefits. The military made you a problem solver, so solve the problem. If something isn't right, figure out what it is and look for a solution. Trouble with a class and need a tutor? Get one. Different frame of mind than your class peers? Ignore them. They haven't walked in your boots.

Go to www.vetsuccess.gov and follow the link to On Campus. Click the map or the link to Campus Locations and Contacts. Ask for help.

Find out if there's a chapter of Student Veterans of America at your school. Call 202-223-4710 or go online to www.studentveterans.org. Also ask about veterans-only classes, or introduction to college programs for veterans.

There's a way to be successful in school. You just have to find it.

INTERSTATE HIGHWAYS (continued)

Interstate highways running north and south are assigned odd numbers starting on the west coast and moving east, with Interstate 5 following the Pacific coast and Interstate 95 following the Atlantic coast. Routes going across the country east and west have even numbers starting with Interstate 10 in the south and moving up to I-94 in the north. Primary interstate highways use either a one-digit or a two-digit number. Auxiliary interstate highways that link up with the primary highways all have three digits, composed of the number of the interstate 'parent' highway, plus a multiple of the number 100. Generally, three-digit interstates that both start and end at a primary interstate, such as a beltway, will all begin with an even number, such as I-418. Auxiliary interstates which dangle without ending at another interstate will usually begin with an odd number. Three-digit highway numbers are unique within a state, but can be duplicated across the country. For instance, there are seven different highways called I-295 ranging from Maine to Florida.

Kansas was the first state to begin constructing their interstate highway. Eight days after Eisenhower was re-elected in 1956, the nation's first stretch of Interstate opened near Topeka, only 70 miles from Eisenhower's hometown of Abilene. That prompted work in states all over the nation, and construction proceeded at the average rate of 1,000 miles per year. Suddenly a big conveyor belt was moving: the more highways there were, the more cars traveled; the more cars traveled, the more gas they used and the more gas tax they paid; the more taxes paid, the more money for new highways; the more highways built, the more cars traveled.

The highway system was supposed to be done in a mere thirteen years. Instead, it took forty years. \$25 billion in federal funds were designated to pay for the project; it ended up costing \$560 billion.

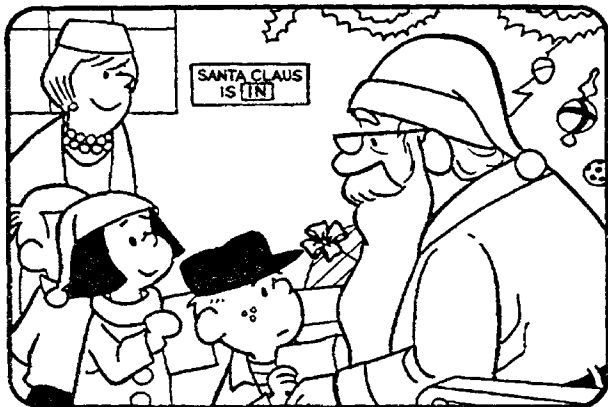
To construct the interstate highway system, enough concrete was poured to make a sidewalk extending from Earth to a point five times the distance to the moon. Enough earth was moved to cover the state of Connecticut knee deep in dirt.

Although it composes only 1.2 percent of the nation's roadways, the interstate system carries nearly 23 percent of the traffic.

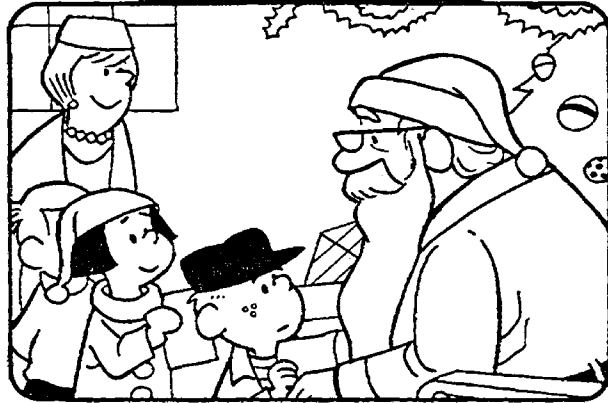
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HOCUS-FOCUS

BY HENRY BOLTINOFF



HOCUS-FOCUS



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Bead strand is missing. 2. Hair is shorter. 3. Sign is missing. 4. Bow is missing. 5. Cap is different. 6. Ornament is different.

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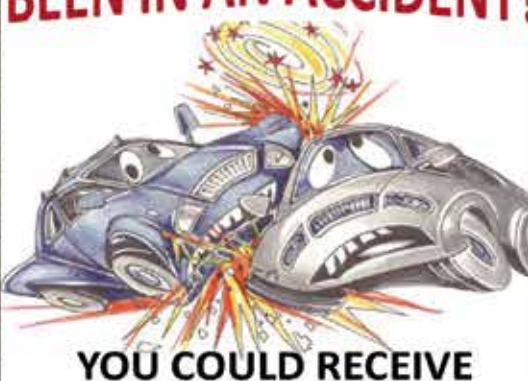
- It was American bridge expert Phillip Alder who made the following sage observation: "We are born with talents, but we acquire skills."
- The inventor of Life Savers was Clarence Crane (incidentally, he was also the father of poet Hart Crane). In 1913, a year after coming up with the recipe for the candy, Crane sold the patent for his sweet treat for \$2,900. Seems like a paltry recompense for creating a pop culture icon that is still going strong after 100 years.
- Do you suffer from arachibutyrophobia? If so, you probably refuse to eat PB&J sandwiches, for fear that the peanut butter will stick to the roof of your mouth.

- There are 120 drops of water in a single teaspoon.
- In 1976, John Moore, a California man, had his spleen removed at the UCLA Medical Center in order to treat his cancer. The operation was successful -- in more ways than anyone anticipated. It seems that the doctors, upon studying the removed organ, found certain cells that had unique cancer-fighting properties. The discovery led to a new -- and profitable -- treatment. When Moore found out that his spleen had led to this discovery, he sued the Regents of the University of California for a share of the profits. In 1990, 14 years after his cancer was cured, he lost his court case.
- Those who study such things say that ants stretch and yawn when they wake up.
- If you're like 43 percent of the American population, you refuse to ever try eating snails, regardless of the fact that they're regarded as a delicacy in other parts of the world.

Thought for the Day: "The fear of becoming a 'has-been' keeps some people from becoming anything." -- Eric Hoffer

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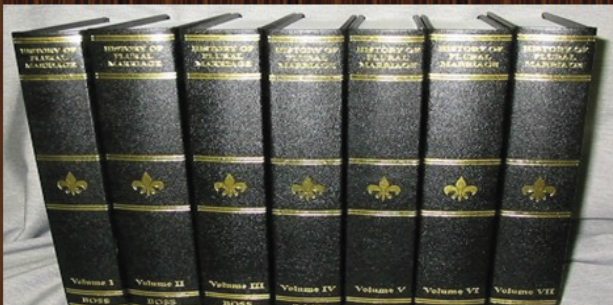
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By Arnold Boss

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DOWN

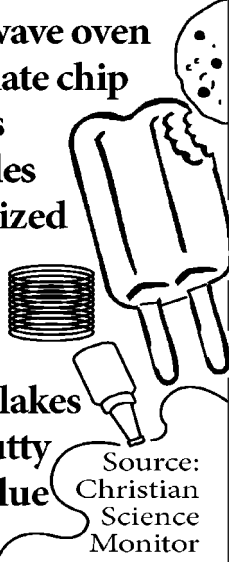
1	Walrus	feature
2	"Beetle Bailey" dog	
3	Remunerated	
4	Psychiatrist	
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6	"The Greatest"	31 Pigpen
7	Thick chunk	36 Fluffy
8	Computer user's icon	dessert
9	Situation	37 Type units
10	Model	38 Just said no
11	Rend	41 Rocky's greeting
19	What @ means	42 Leading man?
21	Last (Abbr.)	43 Actress Sorvino
24	Jongg preceder	44 Apiary home
25	Praise in verse	46 Gaucho's weapon
26	Retort	47 Temple University team
28	— Lanka	48 Humorous poet gden
29	Court pastime	51 Fish eggs
30	Deviate off	

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top ten

ACCIDENTAL INVENTIONS

1. Microwave oven
2. Chocolate chip cookies
3. Popsicles
4. Vulcanized rubber
5. Velcro
6. Slinky
7. Corn Flakes
8. Silly Putty
9. Superglue
10. Mauve



Source: Christian Science Monitor

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TIDBITS

NUGGET OF KNOWLEDGE

The most likely time to die in a traffic accident is a Saturday in July; the least likely time is a Monday or Tuesday in January.

INTERSTATE HIGHWAYS (continued)

The arrival of interstate highways often had detrimental effects on surrounding communities which continue today. Highways made it easier for people who work in the cities to live in the suburbs, so those who could afford to move did so, leaving behind only those who couldn't afford to move, generally minorities. The businesses followed, finding better locations where they catered to wealthy suburbanites instead of poor city dwellers. The result was the constant and continuing erosion of the tax base in cities. Slums spread. Another effect was that interstate interchanges attracted businesses that catered to highway travelers: gas stations, motels, restaurants, malls. As more and more businesses relocated to the highways, fewer and fewer people shopped in downtown districts, which often became derelict. In most cities around the world, real estate close to the city center is the most valuable property. In the U.S., the opposite is often true.

- The Century Freeway in L.A. was opened in 1993, completing one of the final sections of interstate. By that time, over 90 percent of American households owned at least one vehicle.

OVERCOMING THE ODDS: CHARLES STRATTON

When Charles Stratton was born in Connecticut in 1838, he weighed a healthy nine pounds, eight ounces. However, his parents soon noted that he wasn't growing like other children. A malfunctioning pituitary gland slowed his growth, so at age four, he was only 25 inches long. He never grew much beyond that height. At the age of five he weighed exactly as much as he had at the age of 15 months. He was perfectly normal except for his size. He was not misshapen or ugly, but instead was perfectly proportioned, very attractive, and extremely intelligent. At the age of five Charles was first introduced to Phineas T. Barnum, and Barnum knew his fortune was made.

- Charles' name was changed to General Tom Thumb, and he was billed as being 11 years old and from England, when in reality he was only 5 and from Connecticut. (When they travelled to Europe, he was billed as being American, and when he grew older his age was revised downward.) After being put on stage in a comedy routine with two 8-foot giants, Tom Thumb became the darling of the world. 15,000 people a day flocked to see him, each paying a quarter entrance fee.

continued on next page

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SNOWFLAKES
by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

Answers: A-3, B-1, C-4, D-2

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KIDBITS

Junior Whirl
by Hal Kaufman

MINI-THEATRICALS TO PONDER

Theaters in the round (see left)? Yes, in a manner of speaking. Four mini-stagings are presented, and a title for each is suggested below (not necessarily in order). Let's see how quickly you can match these titles with the four presentations:

A. A Drive in the Wood.
B. A Pumpkin Patch.
C. A Quick Turnaround.
D. A Ten-Piece Band.

Remember, idea is to match titles and presentations.
P.S.: It's all in fun, folks, and shouldn't take much time at all.
Perhaps you can come up with some suggestions for similar stagings. Give it a try.

SEE HERE! What can you draw to complete this party game saga? To find out, add lines from 1 to 2 to 3 and so on.

TUNED IN! Fill blanks of these record titles with missing colors: 1. Rudolph the —-nosed Reindeer (Gene Autry). 2. I'm Dreaming of a — Christmas (Bing Crosby). 3. — Christmas (Elvis Presley). Limit: One minute.

A-Z SUM-UP! See if you can find a 20-number route from A to Z at right with a total of exactly 100. Make your way one square at a time in any direction — horizontally, vertically or diagonally. Do not use the same number square more than once in your tally.

One answer is given below, but others may be possible.
Indeed, there is a way to total 100 in just 16 A-Z numbers, that you may wish to puzzle out.

One way in 20 numbers: A-7, B-1, C-4, D-2
Numbers: A-7, B-1, C-4, D-2

CHARLES STRATTON (continued)

- World tours were extremely successful. On a trip to England Barnum very much wanted the publicity that would result from an audience with the Queen. But the Queen was in mourning and refused to see any visitors. So Barnum merely announced that he was leaving England and traveling to France in order to introduce Tom Thumb to the King of France. A fierce social rivalry existed between the Queen of England and the King of France. As Barnum expected, an invitation to visit the Queen was not long in coming.
- Once when Tom Thumb was robbed, Barnum himself spread the rumor that Tom had been kidnapped and was being held for ransom. The public furor increased interest all over Europe.
- Tom Thumb had a delightful sense of humor and impeccable manners. He had a gift for improvisation while on the stage. His specialty was imitating Napoleon Bonaparte, an act that won him world-wide renown. After traveling the world with Barnum, he returned to his hometown of Bridgeport, Connecticut, where he had a home built to scale, with furniture and furnishings constructed in exactly the correct proportions.
- When Barnum hired a 32-inch-tall female performer named Lavinia Warren Bump, Tom Thumb instantly fell in love, and the two were married. Their wedding was featured in every newspaper and magazine in the nation. The newlyweds toured the world together, performing in nearly 600 cities around the globe. By the time they returned to Connecticut, they had performed in front of more people than any other person in history – a record they held until the invention of the television. They were also rich beyond their wildest dreams. When Barnum went bankrupt after investing unwisely, it was Tom Thumb's earning power that put him back on his feet.
- When Charles Stratton died of a stroke at the age of 45, he stood 3 feet, four inches tall and weighed just 71 pounds. More than 10,000 mourners attended his funeral, and newspapers around the world carried news of his death and descriptions of the funeral service. His wife lived to the age of 77, and is buried beside him in Connecticut.

continued on next page



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TIPBITS
WORD POWER
 Unscramble this word:
SDPRYMAI

This word means: *Someone joked that the interstate system was the largest public works project built since these monuments were constructed in Egypt.*



Moments in time
 THE HISTORY CHANNEL



- On Dec. 1, 1830, French novelist Victor Hugo is due to turn in a draft of his book "Notre Dame de Paris" ("The Hunchback of Notre Dame"). Despite his contract, he instead wrote two plays, "Marion de Lorme" and "Hernani," and the book is not published until 1831.
- On Nov. 26, 1862, Oxford mathematician Charles Lutwidge Dodgson sends a handwritten manuscript called "Alice's Adventures Under Ground" to 10-year-old Alice Liddell. Dodgson made up the story one day on a picnic, and Alice insisted he write it down. He published it under his nom de plume, Lewis Carroll, in 1865.
- On Nov. 28, 1914, the New York Stock Exchange reopens for bond trading after nearly four months, the longest stoppage in the exchange's history. The outbreak of World War I in Europe forced the NYSE to shut its doors on July 31, 1914.
- On Dec. 2, 1942, Enrico Fermi, Italian-born Nobel Prize-winning physicist, directs and controls the first nuclear chain reaction. He created a jury-rigged laboratory under the bleachers in Stagg Field at the University of Chicago.
- On Nov. 30, 1954, the first modern instance of a meteorite striking a human being occurs at Sylacauga, Ala., when an 8 1/2 pound meteorite crashes through the roof of a house and into the living room, bounces off a radio, and strikes a woman on the hip. The victim suffered a nasty bruise.
- On Nov. 29, 1963, one week after President John F. Kennedy was fatally shot while riding in a motorcade in Dallas, President Lyndon Johnson establishes a special commission to investigate the assassination. After 10 months the Warren Commission report was released, concluding that there was no conspiracy.
- On Nov. 27, 1978, former Board of Supervisors member Dan White murders Mayor George Moscone and Supervisor Harvey Milk at City Hall in San Francisco. When White pleaded a "diminished capacity" defense and claimed that copious amounts of junk food caused him to suffer mental problems, the so-called Twinkie Defense was born.

TIPBITS GOES LONG.....

In the 1950s an oval test highway was built in Illinois at a cost of \$22 million. Military drivers were hired to drive thousands of miles around and around to test different concrete and asphalt pavements.

HealthBits™
 To Your Good Health
 By Paul G. Donohue, M.D.

Trigger Finger Not a Cowboy Disorder

DEAR DR. DONOHUE: Three or four months ago, the ring finger on my right hand started making popping noises when I bent it. Now it's still doing that, and it catches in a bent position from time to time. I work as a carpenter, and I can't afford to take time off. What do you think this is? -- R.B.

ANSWER: My guess is trigger finger. The tendons that bend the fingers travel from the forearm into the palm and then onto each finger and the thumb. On their way to the fingers, a sheath of tough tissue encircles them. Repetitive movements of the fingers irritate the protective tendon sheaths, and they swell. The swelling squeezes the tendon, and the popping noise you hear is the tendon freeing itself from its swollen sheath. That snapping noise sounds like the noise heard when cocking a gun's trigger. As time goes by, the finger might become locked for some time in the bent position. You don't want to hear this, but rest is essential to permit the tendon to move smoothly. If you must work, padded gloves afford some protection for the finger. Gripping a tool like a hammer is particularly hard on the tendon and its sheath. Tools with a larger-than-normal handle are less of a problem. The best protection is wearing a metal splint so that the finger can't move.

Your doctor can give you a cortisone injection into the problem area, and that often reduces the swelling quickly. You must rest your finger after the injection for at least three days. If two injections fail to free the finger, then you need to consult an orthopedic surgeon for an opinion on surgical release of the tendon.

DEAR DR. DONOHUE: This past summer, I got the shock of my life at a family get-together. My cousin, whom I hadn't seen in 10 years, has bulging eyes. Her mother -- my aunt -- told me it was due to a thyroid problem. I'd never heard of a thyroid problem affecting the eyes. Does it? -- G.D.

ANSWER: It can. An overactive thyroid gland can lead to deposits of material in the eye sockets, which causes the eyes to protrude. There are treatments for this complication of hyperthyroidism. I'm sure this cousin is under the care of a thyroid specialist and an ophthalmologist. The booklet on thyroid disorders explains the many conditions arising from a malfunctioning gland. To order a copy, write: Dr. Donohue -- No. 401W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: Can hair grow on the lips if a person shaves very close to the upper and lower lips? Some informed individuals say no. -- L.G.

ANSWER: Never in my life have I seen hair on people's lips. Lips have no hair follicles. You even could shave the lips if you felt so inclined (but please don't try this), and hair would not grow on them. If you have evidence to the contrary, let me know.

M IS FOR MOSQUITO

“Mosca” is Spanish for fly, and “ito” means small: mosquito. They live at altitudes up to 8,000 feet in the Himalayas and below sea level in California’s Death Valley. They live in the jungle and the tundra. Approximately ten trillion mosquitoes invade the U.S. every summer. That’s about 41,000 mosquitoes per person.

- At certain places in the Canadian Arctic, huge swarms can bite an unprotected human up to 9,000 times per minute. A person in this situation could lose half their blood volume in two hours. Mosquitoes even draw blood from freshly dead animals. Scientists estimate there are around 2500 different species of mosquito, although only 130 live in North America. Of those, only two kinds regularly snack on a human beings- and it is only the females who bite.

- The female’s antennae are long and thread-like, but the male’s are bushy like tiny feathers. The female uses her antennae for tracking the source of carbon dioxide. She can detect a human being from a distance of 40 yards even in darkness. A mosquito’s wings beat around 600 times per second, and the male uses his fuzzy antennae to home in on the whining sound of the female’s wingbeat which is different from the sound of a male’s wingbeat. The sound also differs from species to species and the male of one species ignores females of another species.

- A power station built in Canada malfunctioned over and over until engineers found that the equipment was being jammed by thousands of male mosquitoes who were attracted to the whining sound of the machinery which perfectly imitated the sound of a female mosquito. Male mosquitoes will even be attracted to a tuning fork that vibrates at the same frequency of the humming of a female’s wings.

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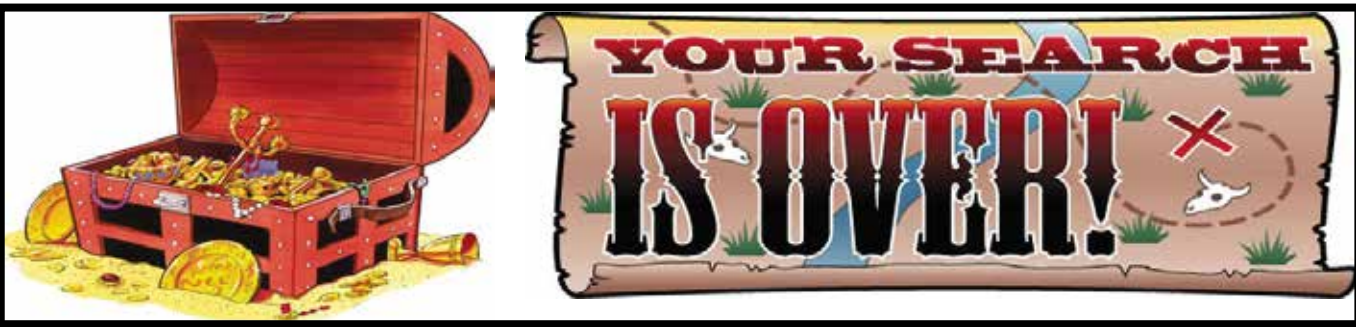
by Linda Thistle

2			5		6			1
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7				4	9			8
	2	1	8					3
	7				3	1	8	
6				9	7	2		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!



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PetBits™

DEAR PAW'S CORNER: Help! Our new puppy, "Elwood," is getting into everything, chewing up my kids' shoes and tearing the stuffing out of stuffed animals. Any advice on getting him to stop? -- Jessica G., via email

DEAR JESSICA: Getting a puppy to completely stop exploring and chewing is a job that requires time and patience. You also need to reconfigure your house to keep Elwood safe. If he ingests a shard of plastic or some other indigestible item, a poisonous plant or medicines from lower bathroom cabinets, he could be in serious danger.

First, pet proof the house. Invest in toddler safety gates (if you don't already have some) to limit Elwood to parts of the house where he's less likely to find shoes, toys and other objects. In that gated-off area, remove kids' toys, clothing, stuffed animals

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Holidays & Observances This Week

- 11/25 National Parfait Day
- 11/26 Shopping Reminder Day
- 11/27 Pins and Needles Day
- 11/28 Red Planet Day
- 11/29 Electronic Greetings Day
- 11/30 Stay At Home Because You Are Well Day

Puppy Thinks Shoes Are Chew Toys

By Samantha Mazzotta

and other chewable objects. Lift potted plants out of his reach (the leaves of many houseplants are poisonous to pets). Make sure Elwood has access to his pet bed and to appropriate chew toys, and check on him frequently. Puppies should not be left alone for long periods of time, for many reasons.

Next, get that basic obedience training regime going. Grab a book or three on dog training, all of which will cover important basic commands like "sit," "stay," "come" and "heel." Spend at least 30 minutes every day working with Elwood, in addition to twice-daily walks and generous amounts of playtime. Chewing behavior is very common in puppies, but tends to diminish as they mature. If he continues to destroy everything in sight, talk to his veterinarian or try a group dog-training class. Anxiety or other issues can be at the root of long-term chewing problems.

MOSQUITOES (continued)

- Pregnant female mosquitoes need a meal of blood to get protein they need to lay their eggs. If you look closely at a female mosquito, you will see only one thin needle-like proboscis. However, there are four different tools inside this sheath. Two of them act like electric carving knives, with serrated edges that slice up and down to drill a hole in the donor's skin. One acts like a hose, injecting saliva which thins the blood, prevents it from clotting, and makes it easier to suck. It's the allergic reaction to this saliva that causes the itch, and the average time between the sting and the itch is three minutes. The fourth tool acts as a straw, drawing blood into the mosquito's body. In 90 seconds of sucking, she can take in more than her weight in blood, supplying enough protein to enable her to lay several hundred eggs. After she's done laying her eggs, she immediately begins to look for another blood meal so she can lay more. If she escapes predators and other disasters, she can lay eggs some 20 times before dying of old age after four or five months. Fortunately, only about one out of every 200 female mosquitoes lives long enough to reproduce.
- Most mosquitoes feed on nectar, fruit juices, or honeydew excreted by aphids and other insects. One kind lands on ants and thrusts its beak down the ant's gullet to rob it of semi-digested food. In Steven Spielberg's film Jurassic Park scientists discover a giant ancient mosquito of the species Toxorynchites trapped in amber. Finding that the mosquito fed on a dinosaur before becoming trapped, they use DNA from the dinosaur blood to reconstruct new dinosaurs. However, the Toxorynchites was one breed of mosquito that never fed on blood, only plant juices. Its mouth parts weren't set up for piercing skin and sucking blood.

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Good Housekeeping

Turkey Soup

What's the Friday after Thanksgiving without turkey soup? Use your favorite vegetables to personalize the recipe.

- 6 carrots, peeled
- 3 stalks celery
- Roasted turkey carcass, finely chopped
- 2 cups cooked turkey meat, finely chopped
- 2 medium onions, each cut into quarters
- 5 sprigs parsley
- 1 clove garlic, peeled
- 1/4 teaspoon dried thyme
- 1/2 bay leaf
- 6 quarts water
- 1 1/4 teaspoons salt
- 1 cup regular long-grain rice, cooked as label directs
- 2 tablespoons fresh lemon juice

- Cut 2 carrots and 1 stalk celery into 2-inch pieces. In 12-quart stockpot, combine turkey carcass, carrot and celery pieces, onions, parsley sprigs, garlic, thyme, bay leaf and 6 quarts water, or enough to cover; heat to boiling over high heat. Skim foam from surface. Reduce heat and simmer, skimming occasionally, 4 hours.
- Strain broth through colander set over large bowl; discard solids. Strain again through sieve into several containers; cool. Cover and refrigerate overnight.
- Remove and discard fat from surface; measure broth and pour into 5-quart saucepot. If necessary, boil broth over high heat until reduced to 10 cups to concentrate flavor.
- Cut remaining 4 carrots and remaining 2 stalks celery into 1/2-inch pieces; add to broth with salt. Heat soup to boiling. Reduce heat and simmer until vegetables are tender, about 15 minutes. Stir in cooked rice and turkey; heat through, about 5 minutes. Remove from heat and stir in lemon juice. Makes about 13 cups or 12 first-course servings.

- Each serving: About 113 calories, 34g protein, 12g carbohydrates, 2g total fat (1g saturated), 21mg cholesterol, 355mg sodium.



Dealing With Damage from Hurricane Sandy

Q: After the recent megastorm, we had a lot of debris strikes on our house. The gutter and eaves took a lot of damage, with some of the gutters torn down and the eaves looking ratty. How expensive is this to fix? I don't have a lot of money. -- Flores C., Taunton, Mass.

A: The gutters themselves should not be too expensive to rehang, or replace if badly damaged. However, if there is damage to the roof eaves, you need to have a professional check it out and assess just how severely those debris strikes affected the roof. You also should contact your insurance company to report the damage.

Because the damage occurred as a result of Hurricane Sandy, which struck the East Coast in late October, your state was under a declared state of emergency. This means that in addition to state funds to repair and clean up storm damage, some federal funds have likely been allotted. Your state's emergency management agency (MEMA, in this case) can provide information on how and where to report damage, how to work with your insurance company to get repairs made, and other important advice.

While you'll need to do your homework to find out what funding is available to cover the repairs (if your insurance provider doesn't), there are some general guidelines to follow no matter what. Have more than one contractor or roofing company check out the roof, eaves and gutters; have each provide you with a written estimate of the cost, as well as an estimate of how much time it will take to effect the repair. Do not allow work to start until you've agreed to the cost and scope of the work and have signed off on the estimate.

If you're at all uncertain about your ability to negotiate a fair price for the repair job, or to fill out requests for repair assistance or reimbursement, ask a trusted friend or relative to help you with the process.

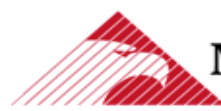
HOME TIP: Gutters and eaves are key protective elements of a house, part of the "envelope" that keeps water and pests out. Make repairs as quickly as possible to prevent damage to other parts of your home.

COMMUNITY NEWS BITS Nov 26, 2012

PAYSON

November Business of the Month – Mountain America Credit Union

Located at 818 So State Highway 198, Mountain America's Payson Branch opened in November of 2011. It now has over 800 members and a staff of seven to serve individuals, families and businesses throughout the area. Branch Manager, Vicki Grebe, has been in the financial services industry for 10 years and with Mountain America for three.



MOUNTAIN AMERICA
CREDIT UNION

Ribbon Cutting - Behavioral Health Pavilion at Mountain View Hospital Tuesday, Nov 27th at 5P

Mountain View Hospital offers invaluable expertise gained from delivering exceptional patient care since 1979. We may not be bigger, but we strive to be better as our hospital is dedicated to providing high-quality healthcare. We meet that standard through changes in upgrading technology and advanced procedures. While these changes may be constant, our tradition of caring and healing will never fade. Mountain View Hospital is the recipient of the following recent awards:

- The Joint Commission's "Top Performing Hospital." One of only six hospitals in Utah to earn this award.
- Health Grades "5-Star Rating for Maternity Care"
- 2011 Health Insight Quality Award



Ribbon Cutting South Payson Medical Clinic – Wed Nov 28th at 11:30P

828 South 1040 West, Payson

A Medicine based clinic accepting all new patients, providing a wide range of patient care. We offer Botox and facial-fillers with free consultation. On Wednesdays, we offer FREE baby well checks. Walk-ins are welcome. We offer home visits to the elderly who are established patients. Accept all Medicaid, Medicare and most insurance plans. Basic visit is \$40.00.

Brent Meredith PA-C - Graduated from Payson High School in 1984. He attended UVCC, Midwestern State University in Wichita Falls, Texas and studied nursing. He received his Physician Assistant Certification in 1995. He was employed in the rural Texas town of Nocona at Nocona General Hospital, providing inpatient and emergency room care, as well as family medicine for 17 years. He has returned to Payson to be closer to home and family and has opened the South Payson Medical Clinic to provide quality health care to the community in Payson and the surrounding areas.

Nita Weber DO - Dr Weber is the medical director for the South Payson Medical Clinic. She attended Rick's College, BYU and Michigan College of Osteopathic Medicine. She then completed residency in pediatrics and internal medicine and is board certified in pediatrics and internal medicine.

Poor Boys BBQ and Dawgs - Dec Business of the Month. Come help us celebrate on Dec 3 at 10A 865 S. Hwy 198, Payson

We are a southern influenced, Utah BBQ. We Opened on Feb 6, 2012. We are locally owned and operated and currently have a staff of 9. Our hours of operation are 10:30am to 9pm, Monday thru Thursday and 10:30am to 10:00pm on Friday and Saturday. Closed Sundays. We serve in house, drive thru, call in, take out and catering orders of any size.



Our Pulled Pork has been our most popular item so far although my personal favorite is the Pork Loin or the Smoked Sausage. We have a great turkey, BBQ chicken and awesome Ribs. All of our recipes are the owner's recipes and made from scratch daily with the exception of our fried items. We have really high quality Beef and Polish Hot Dogs. Our bread is all baked fresh by Honey & Grains Bakery in Springville, adding to our already homemade taste and feel. We pride ourselves on great service and have a great staff which spends their days helping every guest feel at home. We work very hard to have a family friendly atmosphere. – Poor Boys

Dalton's Restaurant New Ownership Ribbon Cutting - Wed Dec 5 at 10A

Lanny Shurtleff, from Utah County, has been in the food business for 30 years working with Wendy's restaurants for 28 years. As corporate district manager he won several awards - one for "Best Restaurant in the Western Region." another was "Utah Employer Of The Year". Channel 4 TV news did a story on Lanny for his willingness to employ citizens with disabilities. Upon meeting Dave Thomas twice (Wendy's founder), Lanny appreciated the way Dave ran his business, and chose to incorporate some of Dave's philosophies and values in his restaurant work and now in Dalton's restaurant. One of the concepts Dave taught Lanny was "giving back to the community." Dalton's will be helping the community with fund raisers for youth K-12 for their much needed extra curricular activities and will also be creating sponsorships for the youth. Dalton's is planning a special breakfast with proceeds to go to supporting the new VA facility in Payson. When considering the location for his new restaurant, Lanny had several friends tell him about Dalton's. He had a good feel for Payson and Dalton's because of the great people and the growth potential here.

For more information, contact Norene Jensen 801.636.1040 norene.invests@yahoo.com;
Colin Logue 801.609.8699 utahavenueinsurance@gmail.com or
Carolyn Bowman 801.465.2634 paysonchamber@yahoo.com.

Check our website for upcoming events and special coupons. www.paysoncitychamber.com

Spanish Fork

Business of the Month - Walker Mortuary

187 S Main Spanish Fork

Congratulations to the Walker Family for being chosen as November's Business of the Month! Our staff here at Walker Family Mortuaries sincerely cares about and loves this community. We are dedicated to serving you and feel that we can offer superior service in all that we do. Our staff lives in and is active in our community. We care about this community and have enjoyed the opportunity to serve this remarkable area over the past 58 years and we hope for many years in the future. We love our community and the people and neighbors that live here. We are here to help, to provide a compassionate service and to be a caring friend.



Thank you: Allyn, Brad, Adam, Frank, Jeff, Mike, and Tammy

Ribbon Cutting Esplin Eye Center - Thu No. 29 Noon to 1P

59 South 400 West Spanish Fork - Come and take a tour of Esplin Eye Centers new facility and get to know their new Doctor. Dr. Hawkins has joined Dr. Esplin in this practice. Congratulations to Esplin Eye Center.



Pleasant Grove

Officer Hardman and K9 Dizzy Honored

From Oct-Dec 2012, the PG Honorary Colonels recognize the outstanding achievements of Officer Kadon Hardman and K9 Dizzy. Officer Hardman purchased a police service dog and equipment to train his dog, sacrificing a significant amount of his own time and money, to establish a K9 program in the PGPD. Officer Hardman and K9 Dizzy are certified in illegal narcotics identification, criminal apprehension, and evidence recovery and tracking. Please join the Honorary Colonels thanking Officer Kadon Hardman and K9 Dizzy for their unselfish service to the safety of the citizens of Pleasant Grove. To ask Officer Hardman and K9 Dizzy to visit your school or group, contact him at 785-3506. To learn more about the PG Honorary Colonels call Mike Carter at 368-4567.

Pleasant Grove Orchestra and Choir
presents "The Messiah"
December 7th at 7 pm
PG High School Auditorium
Free to the public. Sponsored by the PG Arts Commission.
Choir rehearsals - Sun 7 pm, at the High School choir room.
Orchestra rehearsals - Sat 8-10 am lower level of PG Library.

All limitations are self imposed.
Oliver Wendell Holmes



"These little piggies didn't make it to market."
-California Highway Patrol officer John Savage, surveying a truck accident in which 44,000 pounds of pig carcass were dumped on the highway.

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ANSWERS

SPORTS QUIZ

1. Tony Gwynn, with 319 stolen bases.
2. The New York Yankees, 1921-23.
3. It was 1985 (the New York Jets scored 62 against Tampa Bay).
4. Illinois' Cory Bradford had at least one 3-pointer in 88 games between 1998 and 2001.
5. Detroit's Paul Coffey, in 1994-95.
6. It was 2004.
7. Four.

WORD POWER ANSWER PYRAMIDS

TRIVIA NEWSFRONT

1 Each mile of interstate covers 17 acres of land.
2 About two percent of the land in the U.S. is set aside for use by cars. In the city limits of L.A., it's about 66 percent.
3 Nearly half of the 45,000 U.S. highway deaths in a year are alcohol-related.
4 A survey conducted by the Department of Transportation revealed that ten percent of all traffic accidents may be sleep-related, and as many as 20% of all drivers have drifted off to sleep behind the wheel at some point.
5 Texas has more highways than any other state.



1. "I Want to Believe"
2. Police officer
3. Swoosh
4. Atlanta
5. Bog
6. Creating a classification system for plants
7. Promised French Protestants the same rights as French Catholics
8. The Caribbean, just north of Venezuela
9. A meteor shower most visible in August
10. Fear of death

Go Figure! answers

7	+	8	÷	3	5
-		÷		+	
6	x	2	-	9	3
x		+		-	
8	÷	1	-	5	3
8		5		7	

King Crossword

Answers

Solution time: 25 mins.

T	O	P	S	B	A	S	A	B	E	T		
U	T	A	H	A	L	L	V	A	L	E		
S	T	I	R	C	I	A	A	L	L	A		
K	O	D	I	A	K	B	U	T	T	L	E	R
		N	T	H	L	A	G					
M	O	C	K	A	S	H	T	R	A	Y	S	
A	D	O		N	R	A		M	A	T		
H	E	M	M	E	D	I	N	D	E	W		
		E	O	N		D	Y	E				
A	M	B	U	S	H	B	O	N	B	O	N	
D	I	A	S	I	R	A	I	O	W	A		
A	R	C	S	V	O	L	E	L	L	S		
M	A	K	E		E	E	L	D	A	S	H	

Weekly SUDOKU

Answer

2	4	7	5	3	6	8	9	1
5	8	6	9	7	1	4	3	2
1	9	3	4	2	8	6	7	5
3	1	9	7	8	2	5	4	6
8	6	4	3	1	5	9	2	7
7	5	2	6	4	9	3	1	8
9	2	1	8	5	4	7	6	3
4	7	5	2	6	3	1	8	9
6	3	8	1	9	7	2	5	4